

# Eagle Lacrosse Clinic

@ American University

- WHO: Lacrosse Players grades 6-12 (all levels)
- WHEN: Sunday February 23, 2003 (outside facility only)  
\*Clinic is 9:30am - 2:30pm  
\*Registration is at 9:00am on the field  
\*Inclement weather date: March 23 (indoor & outdoor facility)
- WHERE: Reeves Field at American University  
(Outside facility, dress appropriately)
- WHY: To enhance lacrosse skills and knowledge through individual instruction and game competition.
- HOW much: Please bring \$50.00 on the day of the clinic. All payments made at the door. Please do not send your payment in with the application. (Cash or Checks made payable to Eagle Lacrosse Clinic.)

## Clinic Director/ Coach: Maureen Dupcak

- \*American University Head Lacrosse Coach
- \*6 year US National Team player
- \*Member of the 1997 World Championship Team
- \*Member of the 1996 Touring Team to Britain
- \*Member of the 2000 Touring Team to Australia
- \*Colonial Athletic Association Coach of the Year- 1999
- \*University of Maryland Alum ('94) and NCAA National Champion

## Clinic Coaches:

- \*Katie Riitano, AU Assistant Coach  
Fairfield University ('99)
- \*Ashley Flanigan, AU Graduate Assistant Coach  
American University ('01)
- \*2003 American University Women's Lacrosse Team

**Schedule of Events**

9:00 Registration  
9:30-12:00 Instruction  
12:00-1:00 Lunch  
1:00-2:30 Scrimmage/games  
2:30 Pick-up

**Equipment**

Clinic attendees are responsible for bringing all of their equipment. Mandatory equipment includes: stick, mouthguard, water bottle, and both cleated shoes and sneakers. Goalkeepers are required to supply their own equipment. **Please, be prepared for all weather conditions, i.e. inside /outside.**

**Directions:**

**From the northeast:** Follow Interstate 95 South to Interstate 495, the Capital Beltway. Take I-495 west toward Silver Spring. Follow "From I-495" below.

**From the south:** Follow Interstate 95 north to Interstate 495, the Capital Beltway. Follow I-495 towards Tysons Corner. Stay on west side of the beltway. Follow "From I-495" below.

**From the northwest:** Follow Interstate 270 south. Where I-270 divides, follow the right hand branch toward Northern Virginia (Not toward Washington). Merge with Interstate 495, the Capital Beltway, and soon afterwards take exit 39, River Road. Follow "From I-495" below.

**From Interstate 495 (Capital Beltway):** Take exit 39 and carefully follow the signs for River Road (Maryland Route 190) east toward Washington. Continue east on River Road to the fifth traffic light. Turn right on Goldsboro Road (Maryland Route 614). At the first traffic light, turn left on to Massachusetts Avenue (Maryland route 396). Continue on Massachusetts Avenue through the first traffic circle (Westmoreland Circle). At the fifth traffic light after the circle, turn right into American University's Glover Gate. Follow the road from the Glover Gate make your first right past the President's House. Stay to the right of the parking lot and veer left. Go past the tennis courts and park behind Bender Arena.

To reserve a spot in the AU Clinic, please detach and send this application

to: Eagle Lacrosse Clinic  
Attn: Maureen Dupcak  
American University, Bender Arena  
4400 Massachusetts Ave., NW  
Washington, DC 20016

PLEASE PRINT

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

High School: \_\_\_\_\_ Coach: \_\_\_\_\_

Email address: \_\_\_\_\_

Grade: 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>

Years of experience (please indicate level, i.e.,Varsity/J.V./Club): \_\_\_\_\_

**Parent/ Guardian please read and sign:**

I understand and accept that the risk of injury is possible while playing and practicing the sport of lacrosse. I authorize Eagle Lacrosse Clinic to act for me according to their best judgment in any emergency requiring medical attention.

\_\_\_\_\_  
Parent/ Guardian Signature

\_\_\_\_\_  
Date

In case of emergency, please notify: \_\_\_\_\_ Phone# \_\_\_\_\_